

Curriculum Vitae

Date of preparation of CV: December 21, 2020

Personal Data

Name: Allison Winik

Date of Birth: March 6, 1988

Address: Columbia University Center for Anxiety and Related Disorders – Westchester
155 White Plains Road, Suite 203
Tarrytown, NY 10591

Phone: 646-317-3589

Email: alw2179@cumc.columbia.edu

Birthplace: Washington, DC

Citizenship: USA

Academic Appointments, Hospital Appointments and Other Work Experience

11/2020 – present **Columbia University Irving Medical Center**
Department of Psychiatry
Assistant Professor of Medical Psychology (in Psychiatry)
Senior Psychologist, Columbia University Clinic for Anxiety and Related Disorders (CUCARD)

10/2017 – 11/2020 **Columbia University Irving Medical Center**
Department of Psychiatry
Instructor of Medical Psychology (in Psychiatry)
Senior Psychologist, Columbia University Clinic for Anxiety and Related Disorders (CUCARD)

10/2017 – present **New York Presbyterian Hospital**
Professional Psychologist

8/2011 - 5/2014 **Fairleigh Dickinson University**
Clinical Services for Veterans and Families
Research Assistant

7/2010 – 8/2011 **George Mason University**
Department of Psychology
Research Assistant

Education

8/2011 – 5/2016 **Fairleigh Dickinson University**
Ph.D. in Clinical Psychology
Degree Awarded: September 2016
Dissertation: Romantic attachment and the adult offspring of divorce: The role of peers and parents. Advisor: Stefanie Ulrich, PhD

8/2006 – 5/2010 **Washington University in St. Louis**
B.A. in Psychology, Summa Cum Laude
Degree Awarded: May 2010

Training

9/2016 – 8/2017 **Northwell Health—Zucker Hillside Hospital**
Department of Psychiatry
Clinical Child Postdoctoral Fellow (APA-Accredited)

7/2015 – 6/2016 **NYC Health + Hospitals/Kings County**
Department of Child Psychiatry
Psychology Intern (APA-Accredited)

9/2014 – 6/2015 **Mount Sinai Beth Israel**
Department of Child Psychiatry
Psychology Extern

5/2013 – 6/2015 **Fairleigh Dickinson University Center for Psychological Services**
Psychology Extern

9/2012– 7/2013 **Weill Cornell Medical Center**
Department of Psychiatry
Psychology Extern

8/2011-5/2012 **Fairleigh Dickinson University Center for Psychological Services**
Psychology Extern

Licensure and Board Certification

8/2017-present License to practice psychology in New York State # 022292

Administrative Leadership and Academic Service

Academic Service

10/2017 – 12/2020 Association of Behavioral and Cognitive Therapies (ABCT)
Web Committee, Associate Editor

Administrative Leadership

12/2020-present Office of Clinical Psychology Workgroup on Curriculum--
Columbia University Irving Medical Center Department of
Psychiatry

10/2018 – present Wellness Task Force - Columbia University Irving Medical
Center Department of Psychiatry Faculty Practice
Organization (FPO)

Professional Organizations and Societies

Memberships

Association of Behavioral and Cognitive Therapies (ABCT)
ABCT Child and Adolescent Anxiety Special Interest Group

Educational Contributions

Direct Teaching/Supervising

- 2018-present **Columbia University Clinic for Anxiety and Related
Disorders – Westchester**
- Supervision of psychology extern in cognitive-behavioral treatment for anxiety and related disorders (2 hours weekly)
- 10/2020 **New York State Psychiatric Institute/CUIMC**
Children's Day Unit
- 1-hour didactic on "Parental Accommodation of Anxiety and OCD" for 8 staff and trainees
- 9/2020 **Westchester Anxiety Treatment Psychological Services**
- 1-hour workshop on Sport Psychology
- 9/2019 **New York State Psychiatric Institute/CUIMC**
Children's Day Unit
- 1-hour didactic on "Parental Accommodation of Anxiety and OCD" for 10 staff and trainees

- 2/2019 **New York State Psychiatric Institute/CUIMC**
Children’s Day Unit
- 1-hour didactic on “Sport Psychology” for 6 staff and trainees
- 2016-2017 **Northwell Health—Zucker Hillside Hospital**
Department of Psychiatry
- Guest Instructor for 10-person psychiatry fellow CBT Seminar
 - Lectures included “CBT for Panic Disorder,” “Chorpita: Modular CBT for Child and Adolescent Anxiety Disorders,” and “Ethical Dilemmas in the Treatment of Religious Scrupulosity”
- 2016-2017 **Northwell Health—Cohen’s Children Medial Center**
Eating Disorders Day Treatment Program
- Guest Instructor for 7-person staff didactic series
 - Lectures included “The Use of Exposure Therapy in Eating Disorders Treatment” and “Parent Management Training: Applications with an Eating Disorders Population”
- 2016-2017 **Northwell Health—Zucker Hillside Hospital**
Department of Psychiatry
- Provided group supervision for six child psychiatry fellows on cognitive-behavioral treatment (1 hour weekly)
- 2013-2014 **Fairleigh Dickinson University**
Department of Psychology
- Instructor, Child Development course (2 ½ hours weekly, 25 students)

Advising and Mentorship

- 2020 **Columbia University**
- Division mentor for two Instructor-level psychologists

Community Education

- 10/2019 **Hastings High School**
- Speaker on “Preventing Student Burnout” as part of their annual “Family University”

Continuing Education and Professional Education

- 2020 **NYP Youth Anxiety Center, Washington Heights**
- Provided four-session consultation on the treatment of complex OCD cases.
- 2/2020 **Putnam Northern Westchester BOCES**
- Provided a three-hour training workshop on the treatment of school avoidance in school settings. 31 participants, comprised of school guidance counselors and psychologists.
- 3/2019 **Yorktown Central School District**
- Provided a three-hour training workshop on the treatment of school avoidance in school settings. 40 participants, comprised of school guidance counselors, psychologists, and nurses.
- 10/2018 **Byram Hills Central School District**
- Provided a four-hour training workshop on the treatment of school avoidance in school settings. All 6 participants were school psychologists.
- 6/2018 **Columbia University Clinic for Anxiety and Related Disorders – Westchester**
- Coordinated and presented a six-hour training workshop on the treatment of school avoidance in school settings. Participants included 4 local school administrators and nurses.

Report of Clinical Care and Public Health Interventions

Clinical Practice or Public Health Activities

- 2017-present **Columbia University Clinic for Anxiety and Related Disorders – Westchester**
- Provide diagnostic assessment and individual and group therapy to children, adolescents, and adults. 25 hours per week.

Publications

Other Media

- 6/2016 **Romper.com**

Featured in online article entitled "How To Help A Child With Anxiety, According To An Expert"

Other Non-Peer Reviewed Publications in Print or Other Media

March 2013 **Eastern Psychological Association Annual Conference, New York, New York**
Poster entitled, "College depression: Undergraduate student accurate recognition of and response to peer distress"

November 2011 **Association for Behavioral and Cognitive Therapies Annual Meeting, Toronto, Canada**
Poster entitled, "Neuroticism and depression in undergraduates: The role of dating relationships in reducing vulnerability to depression"

Invited and/or Peer Selected Presentations at Regional, National or International Levels

Regional Presentations

June 2017 **Northwell Health—Zucker Hillside Hospital**
Department of Child Psychiatry
Grand Rounds entitled "No Frills No Problem: PCIT in the Child OPD"

March 2008 **NYC Health + Hospitals/Kings County**
Department of Child Psychiatry
Grand Rounds entitled "Suicide Risk Assessment and Intervention with Children and Adolescents" (with Suzanne Rein, PsyD & Lara Singer, PsyD)

National Presentations

August 2014 **American Psychological Association Annual Meeting, Washington DC**
Symposium presentation entitled, "A peer in need: Predicting undergraduate recognition and response to peer depression" in Olatunji, B.O., & Elwood, L. *Contemporary Approaches to Depression and Wellbeing*